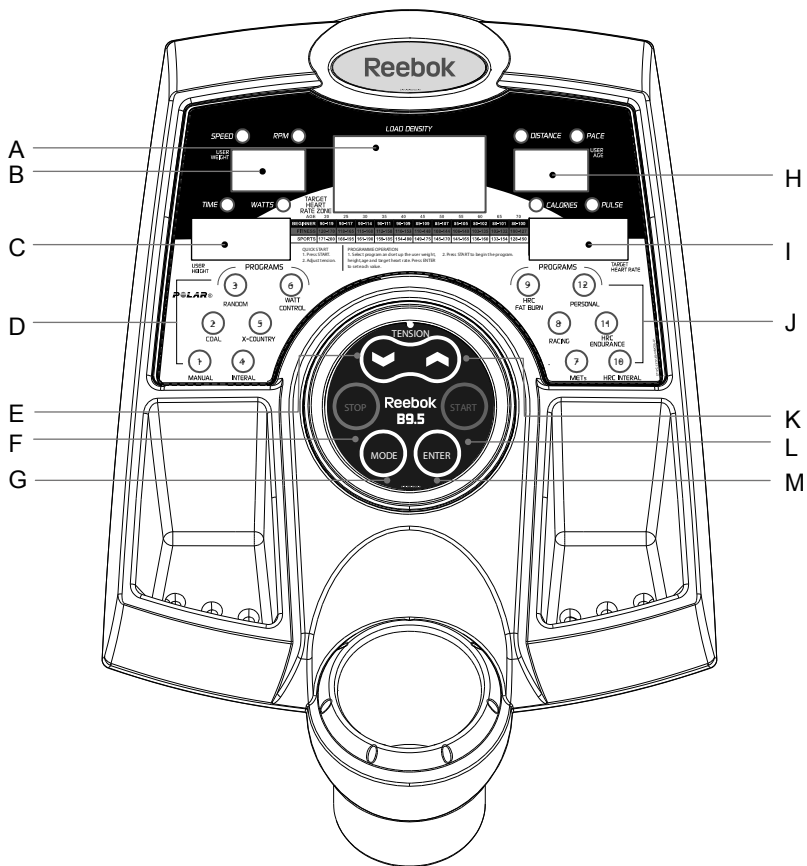


Reebok

B9.5e Computer Manual

GB





LOAD DENSITY

A

B

SPEED/RPM

TIME/WATTS

C

D

PRESET PROGRAMS

UP

E

F

STOP

MODE

G

H

DISTANCE/PACE

CALORIES/PULSE

I

J

PRESET PROGRAMS

DOWN

K

L

START

ENTER

M

BUTTONS AND FUNCTIONS

STOP:

Press STOP to pause the functions during your exercise program. All the data on the display will freeze. Press START to resume the program and all the data displayed will continue until the program has finished. If the STOP button is pressed twice, all the data will return to 0 and the computer will return to POWER ON status.

START:

Press START to begin your exercise.

ENTER:

Press ENTER to confirm the setting of program.

MODE:

Switches the LED window display information between SPEED/TIME/DISTANCE/CALORIES and PM/WATTS/PACE/PULSE.

SPEED:

Displays current exercise speed.

CALORIES:

Count up: this measures total calories burned during exercise.

Count down: if you have set the number of calories, the computer will count down from that preset number down to zero. This data is a guide and should not be used for medical assessment. Please note when setting a target this is in blocks of 10 from 0 to 990.

TENSION (RESISTANCE):

Displays the current resistance WATT from 25 to 400.

DISTANCE:

Count up: this measures the total distance from 0 to 99.9 Km / Mile.

Count down: if you have set the target distance, the computer will count down from that preset distance down to zero as soon as you start exercising.

WATT:

This displays your current wattage output.

TIME:

Count up: the computer measures total exercise time from 16:00 up to 99:00.

Count down: if you have set the target time, the computer will count down from that preset time down to 0:00.

QUICK START:

When the bike is in the POWER ON status, press the START button to activate the QUICK START program. The TIME, DISTANCE and CALORIES will count up when you start exercising.

PROGRAM:

To select one of the User programs, you will need to set up a user profile. To input new information, please follow the procedure below:

WEIGHT set up – After the User Code has been confirmed the TIME display will show 68kg/150lbs or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information then press ENTER to confirm.

HEIGHT set up – After the WEIGHT has been confirmed the DISTANCE display will show 170cm/67 inches or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user height information then press ENTER to confirm.

AGE set up – After the HEIGHT has been confirmed the CALORIES display will show 35 or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then press ENTER to confirm.

SEX set up – After the AGE has been confirmed the LOAD DENSITY display will show M (Male) and begin flashing. Press the UP/DOWN button to adjust the user sex to M (Male) or F (Female) then press ENTER to confirm.

ENGLISH to METRIC conversion:

The bike computer display can show both ENGLISH and METRIC information. If you want to change from ENGLISH to METRIC, please follow the procedure below:

1. When the bike is in the power on status, press and hold both the ENTER and STOP buttons for 3 seconds. The LOAD DENSITY display will show a blinking ML.
2. Press the UP or DOWN buttons to switch between ENGLISH (ML) and METRIC (KM) then press the ENTER button to confirm the selection and return to POWER ON status.

P1 TO P12 PROGRAMS SELECTION PROCEDURE

P1: MANUAL

After you have pressed the P1 MANUAL program button, the display will show the default user profile. Input the user profile then the TIME display will show 30:00. Press the UP/DOWN button to adjust the target time then press ENTER to confirm. Press START to begin the exercise program. The TIME will start to count down to 0:00 then the program will stop automatically. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P2: GOAL

After you have pressed the P2 GOAL program button, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 0:00. Press the UP/DOWN button to adjust the target time then press ENTER to confirm. Repeat the same procedure to set up your goal on DISTANCE, CALORIES and TARGET HEART RATE. Press START to begin the exercise program. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P3: RANDOM

After you have pressed the P3 RANDOM, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 30:00. Press the UP/DOWN button to adjust workout time then press ENTER to confirm. Press START to begin the exercise program. The RANDOM program has 50 different RESISTANCE based programs. If while exercising, you find the level of RESISTANCE too intense you can press the UP/DOWN button to decrease the resistance. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P4: INTERVAL

After you have pressed P4 INTERVAL, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 30:00. Press the UP/DOWN button to adjust the workout time then press ENTER to confirm. The RPM display will show a blinking L1. Press the UP/DOWN button to select the workout intensity level from L1 to L10 then press ENTER to confirm. Press START to begin the exercise program. The aim of an INTERVAL program is to exercise at levels of LOW and HIGH intensity for short periods of time. There is one profile with 10 different levels of intensity. The resistance will be changed automatically while exercising according to the following profile. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

INTERVAL Profile: If the user sets the workout time for more than 20 minutes the computer will average the workout time into 20 sections as the following Resistance Profile table shows, i.e. input 40 minutes and the computer will operate in 2 minute intervals for each section displayed. If the user sets the workout time for less than 20 minutes, the computer will operate in 1 minute intervals for each section displayed until the time runs out, i.e. input 12 minutes and the program will run for 12 sections at 1 minute per section.

RESISTANCE PROFILE																					
Intensity Level	Resistance WATT																				
L 1	25	100	100	25	25	100	100	25	25	100	100	25	25	100	100	25	25	100	100	25	25
L 2	50	125	125	50	50	125	125	50	50	125	125	50	50	125	125	50	50	125	125	50	50
L 3	75	150	150	75	75	150	150	75	75	150	150	75	75	150	150	75	75	150	150	75	75
L 4	100	175	175	100	100	175	175	100	100	175	175	100	100	175	175	100	100	175	175	100	100
L 5	125	200	200	125	125	200	200	125	125	200	200	125	125	200	200	125	125	200	200	125	125
L 6	150	225	225	150	150	225	225	150	150	225	225	150	150	225	225	150	150	225	225	150	150
L 7	175	250	250	175	175	250	250	175	175	250	250	175	175	250	250	175	175	250	250	175	175
L 8	200	300	300	200	200	300	300	200	200	300	300	200	200	300	300	200	200	300	300	200	200
L 9	225	350	350	225	225	350	350	225	225	350	350	225	225	350	350	225	225	350	350	225	225
L 10	250	400	400	250	250	400	400	250	250	400	400	250	250	400	400	250	250	400	400	250	250

P5: X-COUNTRY

After you have pressed P5 X-COUNTRY, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 30:00. Press the UP/DOWN button to adjust the workout time then press ENTER to confirm. The RPM display will show a blinking L1. Press the UP/DOWN button to select the workout intensity level from L1 to L18 then press ENTER to confirm. Press START to begin the exercise program. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button. X-COUNTRY Profile: If the user sets the workout time for more than 20 minutes, the computer will average the workout time into 20 sections as the following Resistance Profile table shows, i.e. input 40 minutes and the computer will operate in 2 minute intervals for each section displayed. If the user sets the workout time for less than 20 minutes the computer will operate in 1 minute intervals for each section until the time runs out, i.e. input 12 minutes and the program will run for 12 sections at 1 minute per section.

RESISTANCE PROFILE																				
Intensity Level	Resistance WATT																			
L 1	25	65	25	65	25	65	25	65	25	65	25	65	25	65	25	65	25	65	25	65
L 2	45	85	45	85	45	85	45	85	45	85	45	85	45	85	45	85	45	85	45	85
L 3	65	105	65	105	65	105	65	105	65	105	65	105	65	105	65	105	65	105	65	105
L 4	85	125	85	125	85	125	85	125	85	125	85	125	85	125	85	125	85	125	85	125
L 5	105	145	105	145	105	145	105	145	105	145	105	145	105	145	105	145	105	145	105	145
L 6	125	165	125	165	125	165	125	165	125	165	125	165	125	165	125	165	125	165	125	165
L 7	145	185	145	185	145	185	145	185	145	185	145	185	145	185	145	185	145	185	145	185
L 8	165	205	165	205	165	205	165	205	165	205	165	205	165	205	165	205	165	205	165	205
L 9	185	225	185	225	185	225	185	225	185	225	185	225	185	225	185	225	185	225	185	225
L 10	205	245	205	245	205	245	205	245	205	245	205	245	205	245	205	245	205	245	205	245
L 11	225	265	225	265	225	265	225	265	225	265	225	265	225	265	225	265	225	265	225	265
L 12	245	285	245	285	245	285	245	285	245	285	245	285	245	285	245	285	245	285	245	285
L 13	265	305	265	305	265	305	265	305	265	305	265	305	265	305	265	305	265	305	265	305
L 14	285	325	285	325	285	325	285	325	285	325	285	325	285	325	285	325	285	325	285	325
L 15	305	345	305	345	305	345	305	345	305	345	305	345	305	345	305	345	305	345	305	345
L 16	325	365	325	365	325	365	325	365	325	365	325	365	325	365	325	365	325	365	325	365
L 17	345	385	345	385	345	385	345	385	345	385	345	385	345	385	345	385	345	385	345	385
L 18	365	400	365	400	365	400	365	400	365	400	365	400	365	400	365	400	365	400	365	400

P6: WATT CONTROL

After you have pressed the P6 WATT CONTROL button, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 30:00. Press the UP/DOWN button to adjust the workout time then press ENTER to confirm. The RPM display will show the default workout watt setting of 110W. Press the UP/DOWN button to adjust the workout watts then press ENTER to confirm. Press START to begin the exercise program. The resistance will be changed automatically while exercising. The program will change the resistance automatically to match the user watts setting. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P7: METs (Metabolic Equivalents)

Press the P7 METs button, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 30:00. Press the UP/DOWN button to adjust the workout time then press ENTER to confirm. The RPM display will show a blinking 2.0. Press the UP/DOWN button to select the METs level of the workout from 1.0 – 16.0 then press ENTER to confirm. Press START to begin the exercise program. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P8: RACING

After you have pressed the P8 RACING button, the display will show the default user profile. Input the user profile then the DISTANCE display will show 20 Km (12.5 Mile). This is the target distance in the RACING program. Press the START button to begin the exercise program. During the program the target distance will count down to zero. The first row from top of the LOAD DENSITY LED display shows the distance completed by the computer. The second row from top of LOAD DENSITY LED display shows the distance completed by the user. The user can race against the computer to see who completes the total distance first. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P9: HRC FAT BURN

After you have pressed the P9 HRC FAT BURN button, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 30:00. Press the UP/DOWN button to adjust the workout time then press ENTER to confirm. The PULSE display will show the default target heart rate of 157. Press the UP/DOWN button to adjust the target heart rate. Press START to begin the exercise program. The resistance will start from 25W when you begin this program. If the actual user heart rate does not reach the target heart rate, the resistance will increase by 10W every 30 seconds until the actual user heart rate reaches the target heart rate. If the actual heart rate is higher than target heart rate, then the resistance will be reduced by 10W every 30 seconds until the actual heart rate meets the target heart rate. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P10: HRC INTERVAL

After you have pressed the P10 HRC INTERVAL button, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 30:00. Press the UP/DOWN button to adjust the workout time then

press ENTER to confirm. The PULSE display will show the default target heart rate of 157. Press the UP/DOWN button to adjust the target heart rate. Press START to begin the exercise program. The resistance will start from 25W when you begin this program. If the actual user heart rate does not reach the target heart rate, the resistance will increase by 10W every 30 seconds until the actual user heart rate reaches the target heart rate. The resistance will be reduced by 10W every 30 seconds when actual user heart rate reaches the target heart rate. Then the resistance starts to increase again when the actual user heart rate decreases to 85% of the target heart rate. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P11: HRC ENDURANCE

After you have pressed the P11 HRC ENDURANCE button, the display will show the default user profile. Input the user profile then the TIME display will show a blinking 30:00. Press the UP/DOWN button to adjust the workout time then press ENTER to confirm. The PULSE display will show the default target heart rate of 157. Please note the users TARGET HEART RATE will be adjusted with the user AGE according to the factory setting. The factory TARGET HEART RATE setting is based on 85% of the maximum heart rate. The maximum heart rate is calculated as $220 - \text{user age}$. Example: For a 35-year old user the maximum user heart rate should be 185 ($220 - 35 = 185$) and 85% of the maximum user heart rate is 157. The user cannot adjust the target heart rate in this program. Press START to begin the exercise program. The resistance will start from 25W when you begin this program. If the actual user heart rate does not reach the target heart rate, the resistance will increase by 10W every 30 seconds until the actual user heart rate reaches the target heart rate. If the actual user heart rate is under the target heart rate, the resistance will increase by 10W every 30 seconds. The aim of this program is to keep the actual user heart at or above the target heart rate. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

P12: PERSONAL

The PERSONAL program allows users to design and store their own preset workout programs in the computer. The maximum time duration is 60 minutes. After you have pressed the P12 PERSONAL button, the display will show the default user profile. Input the user profile then press the MODE button to start setting up the new program. The first

line of the LOAD DENSITY display will light up and blink. Press the UP/DOWN button to set the resistance level in first minute. After completing the set up for the first minute of resistance, press the MODE button. The second line of the LOAD DENSITY display will start blinking. Follow the same procedure to set up the entire program. When the program set up is complete, press the START button to run the program. The program will automatically be saved in the computer for future use. To increase or decrease the resistance while exercising, press the UP/DOWN button. To pause the program while exercising, press the STOP button. To resume exercising, press the START button.

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